

RACE DAY CHECKLIST

You don't want to rush around on the morning of the race, so go through these lists the day before to make sure you don't forget anything.

Essential Items :

Directions to start/start time
 Map(s) to get there

First Aid Kit (for blisters/strains)
 Toilet Tissues

Clothing etc.

for the Race :

Vest/Top with Number attached
 or take pins if collecting number
 Shorts
 Socks
 Trainers (clean soles)
 Thermal gear if really cold
 Cotton Wool (for ears if cold)
 T Shirt (if cold)
 Hat & Gloves (if very cold)
 Tracksuit
 Hankie
 Watch
 Sweat Band
 Sunglasses

Remember, conditions at the Start may be different to those at home, so take EVERYTHING you think you might need

for before & after the Race :

T Shirt
 Pullover/Sweatshirt
 Tracksuit
 Towel (for sweat or rain)
 Bag for the above !

Food & Drink

Water/Squash/Isotonic Drink
 Bananas & Dried fruit
 Energy Bars/Mars Bars
 Hot drink/Soup if cold
 Lunch/Tea if necessary

Other items to consider for Race :

Sun bloc -especially for 5K + races)
 Nipple protection (men)
 Vaseline if chaffing is a problem
 Muscle rub
 Bath towel for sitting on

If Showering :

Bath Towel
 Soap
 Flannel/Sponge
 Toiletries
 Make-up (Ladies)
 Comb
 Change of clothes
 Bag for the above

If very wet & not showering :

spare T Shirt
 spare shorts/trousers
 spare tracksuit
 spare pullover/sweatshirt
 spare shoes & socks
 Bath towel for sitting on in car
 Polythene bag for wet clothing

Other Items to consider :

Safety pin for car & front door key
 to attach to your shorts
 Cash for Car Parking and Cards -
 just bring what you may need
 Wet Wipes
 Fleece
 Raincoat/Jacket
 Umbrella
 Hat
 Gloves
 Waterproofs
 Wellington boots
 Socks for boots
 Mobile phone
 Camera
 Camcorder

Own Requirements :

in car if not changing
Old pullover/jog pants/polythene sack
which can be thrown away at the start

CARE : DO NOT LEAVE VALUABLE ITEMS ON VIEW IN YOUR CAR